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FRANK TALK

THOMAS JANE ON MAKING IT AS A YOUTH IN L.A. {page 20}

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What's another 2 cents?

- **Expect to pay more at the pumps next year: A two-cents-a-litre gas tax is all but assured**
- **Surrey, Vancouver and five other cities are slated to vote yes on TransLink's expansion plan Friday**

PHYLICIA TORREVILLAS
@METRONEWS.CA

Lower Mainland residents will likely be paying two cents more per litre every time they stop to pump gas as a weighted majority of the region's mayors are set to vote in favour of TransLink's expansion plan.

The Moving Forward supplemental plan calls for a two-cent-per-litre gas levy to help fund the proposed Evergreen Line — a $1.4-billion, 11-kilometre rapid-transit line connecting Coquitlam to Vancouver via Port Moody and Burnaby — as well as transit-service upgrades.

Mayors from Surrey, Vancouver and five other cities issued a joint statement yesterday in support of the plan, saying it is "crucial to reducing gridlock, growing Metro Vancouver's economy and achieving long-term environmental goals for the region."

The seven mayors hold 68 out of 117 population-weighted votes to pass the plan even if the other cities oppose. Burnaby, Richmond and Delta's mayors are reportedly against it.

METRO FILE

▶ An artist's rendering of a proposed Burquitlam Station on the Evergreen Line.

Burnaby Mayor Derek Corrigan said despite the forgone conclusion of the regional mayors' vote, his opinion on the "wrong-headed" plan hasn't changed.

"TransLink is the beast that must be fed," he said. "Every time they approach us with one of these supplements, it's a massive increase in taxation at that time but it also promises further increases down the line.

"I'm fundamentally opposed to being responsible for funding a private board where we have no control over what priorities are set, where the money is spent or whether the money is spent appropriately."

If the plan gets the official go-ahead, the gas-tax hike for the line as well as transit-service improvements — including a new King George Boulevard B-line from White Rock to Guildford; upgrades to Main Street, Metrotown and New Westminster SkyTrain stations; and a Highway 1 bus rapid transit from Langley to Lougheed station — will be implemented in April 2012.

The proposed gas tax will raise $32 to $45 million a year of the $70 million needed annually for the plan. The mayors and the province would have to approve a funding source for the remaining money. If alternative funding sources such as the carbon tax, a vehicle levy or road-congestion charges aren't secured, households will have to pay $23 more in property taxes in 2013-14.

"We've really been working hard to get more transit investment because we know people are waiting for buses and buses are full," Vancouver Coun. Geoff Meggs said.

"We haven't had any increase in transit service for about a year, but ridership goes up and up."

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Varadero 7 Nights 4-Star — from $685 + taxes & fees $276

Cozumel Dive & Golf
Air + 7 Nights 3-Star — from $1098 + taxes & fees $129
INCLUDES beachfront accom, unlimited golf at the island's 18-hole, par 72 premier golf course. **BONUS** 2-tank scuba dive with 5-star instructor and full equipment included‡.

Event Vacations

Barbados Food, Wine & Rum Festival
Air + 7 Nights — from $989 + taxes & fees $101
INCLUDES oceanview beachfront resort accom with kitchenette during the Barbados Food, Wine and Rum festival. **UPGRADE** to 4-star accom from $56 per night.

Hawai'i World Cup of Surfing
Air + 7 Nights 4-Star — from $1409 + taxes & fees $130
INCLUDES roundtrip transfers and luxury accom on Oahu's North Shore during the Vans Triple Crown of Surfing event. **ADD** convertible car rental with unlimited mileage from $156.

Weekend Getaways

Seattle
Black Friday, 2 Nights
$139
from
taxes & fees included

INCLUDES accom near the university district during the annual shopping weekend. **UPGRADE** to 4-star accom near Pike Place Market from $45 per night.

Victoria 2 Nights — from $129 taxes and fees included
INCLUDES central accom. **ADD** whale watching from $93.

Whistler 2 Nights — from $159 taxes & fees included
INCLUDES Whistler Village accom near the base of Blackcomb Mountain. **ADD** tree trek from $51.

USA

Anaheim Family Special
Air + 3 Nights 4-Star — from $279◊ + taxes & fees $107
INCLUDES accom near theme parks. Price per person based on family of 4. **ADD** 3-day *Disneyland Resort Park Hopper* Bonus Ticket from $193/adult, $171/child (ages 3-9).

Phoenix
Air + 3 Nights 4-Star + Golf — from $489 + taxes & fees $131
INCLUDES mountainside accom with golf. **ADD** sea life aquarium pass from $21.

San Francisco Air + 3 Nights — from $574 + taxes & fees $126
INCLUDES Fisherman's Wharf accom near Pier 39, Alcatraz, Ghirardelli Square and the San Francisco cable cars. **ADD** wine tour from $70.

Napa Valley
Air + 3 Nights + Car — from $699 + taxes & fees $111
INCLUDES roundtrip airfare to San Francisco, 3-day car rental and accom located in the heart of Napa and Sonoma Wine Country near historic downtown Napa. **BONUS** breakfasts included.

Honolulu Air + 7 Nights — from $689 + taxes & fees $145
INCLUDES central accom near Waikiki Beach. **ADD** dolphin watch, snorkelling and lunch from $132.

Fly & Drive

California
Family Special, Air + Car
$299◊
from
+ taxes & fees $129
INCLUDES airfare into San Francisco, return from San Diego and 7-day economy car rental with unlimited mileage. Price per person based on family of 4.

Vacations

London Air + First 2 Nights
$239
from
+ taxes & fees $511
INCLUDES central accom near Russell Square underground station. **ADD** hop-on, hop-off tour from $42.

Munich Christmas Markets
Air + 7 Nights — from $967 + taxes & fees $526
INCLUDES accom with fully equipped kitchen located walking distance from Marienplatz during the Christmas markets season and a hop-on hop-off circle line tour. **UPGRADE** to 4-star accom from $21 per night.

Singapore
Air + 7 Nights 4-Star — from $1079 + taxes & fees $676
INCLUDES seaside accom. **ADD** night time safari from $52.

Philippines Air + 12 Nights — from $1329 + taxes & fees $421
INCLUDES all airfare, 3 nights central Manila accom and 9 nights beachfront resort-style accom on Cebu's Mactan Island. **UPGRADE** to 5-star accom from $21 per night.

Buenos Aires
Air + 8 Nights 4-Star — from $1399 + taxes & fees $121
INCLUDES exclusive central accom near the infamous Florida Street. **ADD** dinner and tango show from $143.

Australia Long Stay
Air + 22 Nights 4-Star — from $2069 + taxes & fees $713
INCLUDES beachfront resort-style accom on Queensland's Sunshine Coast. **BONUS** airport transfers included.

Cruise & Stays

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Waving. Flag

▶ Burnaby's Christine Sinclair waves the flag during a media event in Toronto yesterday. The Canadian Olympic Committee introduced Sinclair as the flag bearer for Canada during the opening ceremonies at the 2011 Pan American Games in Guadalajara, Mexico. Sinclair is the most prolific goal scorer in Canadian soccer history, with 117 goals in 162 games.

NATHAN DENETTE/THE CANADIAN PRESS

Christine Sinclair to be flag bearer at Pan American Games

Glass remains half empty

New report finds Canada ill-equipped to deal with changing hydrology and water-supply issues British Columbia in desperate need of modernization, according to author

MATT KIELTYKA
@METRONEWS.CA

Water-guzzling Canadians are in for a shock if conservation and water supply isn't reformed in the face of climate change, a new study says.

Simon Fraser University's Adaptation to Climate Change Team (ACT) released a report yesterday that says that climate change has effected an alarming shift in the way water moves and that wasteful and unprepared Canada is not ready for the consequences.

Not only does Canada do a bad job managing water as a resource, the country's infrastructure is already being affected by increasingly extreme weather, such as intense rainfall and flooding, and more prolonged droughts in other areas, the report says.

"There is no place that hasn't been affected," says lead author Bob Sandford. "Because of the circumstances, water conservation is the first, most intelligent step we can take. But we are the world's greatest water guzzlers."

The report found that half of every dollar paid out by insurance companies in the country is for water damage — a sign that Canadians are not prepared for the increasingly unstable hydro-climatic conditions that are already taking their toll on the economy.

In fact, the insurance corporations have been the biggest lobbyists for reform because of the impact storms and disasters are having.

"When the insurance companies are the ones raising the alarm, the debate is over," Sandford says.

Even sources of safe drinking water are at risk, the report states.

ACT has proposed a number of recommendations, including immediately creating national and regional water conservation guidelines — which currently don't exist.

In B.C., Sandford says it's critical the province — prone to flooding, drought and forest fires — modernize the Water Act and establish groundwater policies.

"B.C. has huge vulnerabilities but the Water Act is 150 years out of date," Sandford says.

"Reform is not an option anymore, it's inevitable."

1 news

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The federal Liberals say the government needs to fight harder against mental illness and suicide. More at metronews.ca/video

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A touch of King Lear in Wiebo's War

- Documentary on suspected Encana pipeline bomber
- Audience to make own judgment of complex man

MATT KIELTYKA
@METRONEWS.CA

William Shakespeare would have a field day with Wiebo Ludwig.

Equally vilified as a terrorist and hailed for his long-standing battle against oil and gas giants, the reclusive preacher at the centre of David York's new documentary, Wiebo's War, is as interesting, complicated and flawed as a protagonist gets.

York uses King Lear to describe the notorious man suspected of the 2008 Encana pipeline bombings.

"I am a man more sinned against than sinning," York, in town for the Vancouver International Film Festival, recited. "He's a conflicted family man. What he was doing in his struggle was trying to defend his family and his land. You can't judge somebody until you get a sense of the pressures they're under, and that became the purpose of the film … to give the audience a means to arrive at their own judgments, to see if they'd be sympathetic and to think about what they'd do if they were in that situation."

It wasn't long after York started filming that a new string of bombings surfaced and the Ludwig family was thrust in the middle of a police and media storm again.

The access afforded to York allowed him to capture Ludwig — everything from his faith and motives to the horrific health effects nearby drilling has had on his family — in a way that national news headlines simply couldn't convey.

Where's Wiebo?

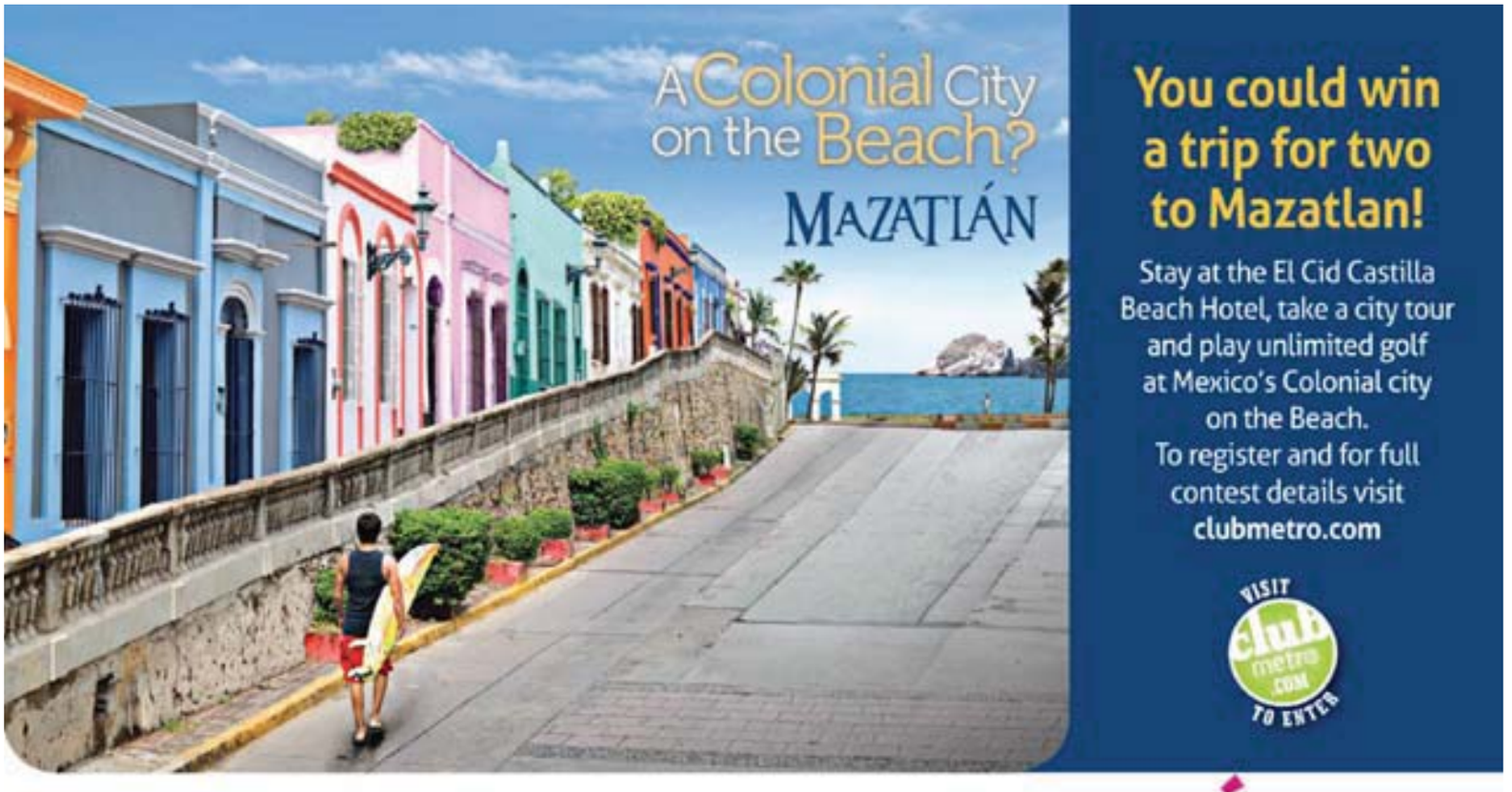
- Oct. 14 at the Mayfair Theatre, Ottawa.
- Oct. 19 at the Winnipeg Film Group Cinematheque.
- Oct. 21 at the Vancity Theatre, Vancouver.
- Oct. 21 at the Plaza Theatre, Calgary.
- Oct. 21 at the Metro Cinema, Edmonton (Wiebo Ludwig in attendance on Oct. 22).
- Oct. 21 at The Royal, Toronto.

"My picture of him is completely at odds of the current-affairs version of him that everybody knows," said York. "He's a human being, and so am I, and so are you."

Wiebo's War screens today at 12:30 p.m. at Empire Granville 7 Cinemas.

CONTRIBUTED

▶ A screenshot from Wiebo's War.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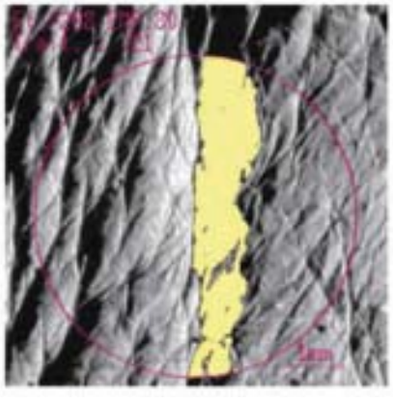

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CHELSEA ALTICE/FOR METRO

▶ Christiane Bordier and Kim Washburn with the 2012 Hope in Shadows calendar.

New hope in the shadows

- Calendar created with photos taken on disposable cameras
- 2012 edition unveiled yesterday

A photography contest in the Downtown Eastside coordinated by the Pivot Legal Society aims to empower its contestants by creating leadership skills and a sense of family.

Disposable cameras were given to more than 200 contestants who took to the streets to capture moments for the annual Hope in Shadows calendar.

"There's a greater awareness now of what you see beyond the street corner," project director Paul Ryan said.

"Some of the most amazing people in my life I've met here," said Kim Washburn, winner of the $500 first prize.

More than 200 vendors will be trained to sell the calendars and will earn 50 per cent of their sales.

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Tastes. Good

▶ Celebrity chef Ricardo Larrivée prepares creamy chicken lasagna with Canadian Breast Cancer Foundation board member Saleema Noon at Miele Gallery in Vancouver yesterday.

CHELSEA ALTICE/FOR METRO

Promoting healthy eats

The lively cooking demonstration was held during the launch of Safeway's Breast Cancer Awareness Month to encourage healthy eating.

B.C. readies new RCMP contract proposal

The province is working on a new contract proposal to keep the RCMP in B.C. and hopes to have something to present to Ottawa by the end of the week.

Peter Fassbender, the mayor of Langley, who is an observer at the negotiating table, wouldn't specify what will be in the proposal, but says it includes a list of outstanding issues.

He says once Ottawa has the proposal, both sides can establish a process to move forward and set dates for further talks.

Last week, B.C. Solicitor General Shirley Bond announced the federal government had threatened to withdraw RCMP services in 2014 if the province doesn't sign a proposed 20-year policing contract by the end of November.

Days later, B.C. Conservative member of Parliament James Moore said he was optimistic both sides could reach a deal.

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Knox returns, thanks supporters

- Arrives back in U.S. after acquittal in Italy
- Prosecutor could still appeal verdict

TED S. WARREN/THE ASSOCIATED PRESS

▶ Amanda Knox talks to reporters in Seattle yesterday. Knox was freed Monday after an Italian appeals court threw out her murder conviction.

Amanda Knox returned to her hometown of Seattle yesterday and was as overcome with emotion as she was a day earlier in Italy, when she was acquitted on murder charges after four years in prison. "Thank you for being there for me," she tearfully told her supporters in front of a crowd of reporters from two continents.

"I'm really overwhelmed right now," she said at a news conference minutes after she was escorted off a British Airways flight out of London.

Knox's life turned around dramatically Monday when an Italian appeals court threw out her conviction in the sexual assault and fatal stabbing of her British roommate in 2007. Yesterday a courtroom picture of Knox crying after the verdict was read appeared on the front pages of newspapers in Italy, the U.S., Britain and around the world.

"I was looking down from the airplane, and it seemed like everything wasn't real."
AMANDA KNOX

After arriving at the Seattle-Tacoma International Airport, Knox, now 24, sobbed at the news conference and held her mother's hand as her lawyer Theodore Simon said her acquittal "unmistakably announced to the world" that she was not responsible for the killing of Meredith Kercher.

After her parents offered their thanks to Knox's lawyers and supporters, Knox spoke briefly, saying, "They're reminding me to speak in English, because I'm having problems with that."

"Thank you to everyone who's believed in me, who has defended me, who has supported my family," she said. "My family's the most important thing to me so I just want to be with them."

Knox's acquittal, fueled by doubts over DNA evidence, stunned the victim's family and angered the prosecution, which insists that she was among three people who killed Kercher, 21. But for Knox's grandmother Elisabeth Huff, "it was like the weight of the world had gone."

"We all are as happy as can be. I can't tell you how long we've been looking forward to this day," Huff told The Associated Press outside her home in West Seattle, a tight-knit community a few miles across Elliott Bay from downtown.

THE ASSOCIATED PRESS

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Airport pat-down leads to security climb-down

Breast-cancer patient frisked at JFK when scanner detects implants Security agency apologizes

A woman recovering from breast cancer says she was subjected to a humiliating public pat-down at a New York airport even though she offered to produce documentation about her medical implants.

Business consultant Lori Dorn said in a blog that the frisking at John F. Kennedy International Airport added "insult to injury and caused me a great deal of humiliation."

The U.S. Transportation Security Administration later apologized for the incident.

Dorn, 44, was heading to San Francisco last week when a full-body scanner detected her prostheses. She said she explained to TSA staff that she had recently undergone bilateral mastectomy and had tissue expanders, implanted to stretch her skin before she can undergo breast reconstruction surgery.

A TSA agent refused to let her retrieve documentation from her wallet "that explains the type of expanders, serial numbers and my doctor's information," she said. She was then told she must submit to a physical exam.

"I had no choice but to allow an agent to touch my breasts in front of other passengers," Dorn said.

TSA spokeswoman Lisa Farbstein says Dorn's medical documents would not have spared her a pat-down but adds it could have been done privately.

In her blog, Dorn does not say whether she asked for the pat-down to be conducted in private. A report quoted her as saying she was not offered that as an option.

In its own blog, the TSA said it regretted the incident.

THE ASSOCIATED PRESS

Screen test

- **The U.S. Transportation** Security Administration recently rolled out a four-part in-service training course focused on screening prosthetics. Training should be completed across the United States by the end of next year, the TSA says.

Bay. Watch

▶ A composite image shows the changing sea levels of the Bay of Fundy in Nova Scotia.

CONTRIBUTED

Fundy bid hoping for tide of goodwill

The campaign to have the Bay of Fundy named one of the New Seven Wonders of Nature is gearing up as the Nov. 11 deadline approaches. The bay is known for having the greatest tidal range in the world. Readers who want to vote for the Bay of Fundy free of charge can go to votemyfundy.com or text FUNDY to 77077 on any Canadian cellphone. (The cost is 25¢ per text vote.)

Fur flies in U.K. cat spat

British judges insist they didn't block a criminal's deportation because of worries he would be separated from his pet cat, as Home Secretary Theresa May has charged.

May, a Conservative opposed to Britain's human-rights law, has called the ruling an abuse of the legislation.

In fact, the Judicial Office said, the man was allowed to stay because of a relationship with his girlfriend, a British resident.

In the court ruling, Judge Judith Gleeson had joked that the couple's cat wouldn't have "to adapt to Bolivian mice."

THE ASSOCIATED PRESS

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Accused terrorist throws tantrum

At his trial, suspected underwear bomber rages against U.S. Asks to wear 'Yemeni belt with a dagger'

A Nigerian man accused of trying to bring down an international jetliner with a bomb in his underwear walked into the start of his federal trial yesterday and declared that a radical Islamic cleric killed by the U.S. military is alive.

Umar Farouk Abdulmutallab's outburst came as jury selection got under way for his federal terror trial in Detroit, where the 24-year-old is acting as his own attorney and has previously told reporters they should stop reporting that Osama bin Laden was dead.

"Anwar is alive," Abdulmutallab said yesterday, referring to American-born cleric Anwar al-Awlaki, who was killed last week by a joint CIA-U.S. military air strike in Yemen.

U.S. MARSHALS SERVICE/THE ASSOCIATED PRESS

▶ Umar Farouk Abdulmutallab

"The mujahadeen will wipe out the U.S. — the cancer U.S.," he added.

Abdulmutallab, a well-educated Nigerian from an upper-class family, was directed in the attack by al-Awlaki and wanted to become a martyr when he boarded Northwest Airlines Flight 253 in Amsterdam on Christmas 2009, according to the U.S. government.

Abdulmutallab, who complained loudly at a previous hearing about having to wear prison clothes, came into the courtroom yesterday wearing an oversized prison T-shirt.

U.S. District Judge Nancy Edmunds called recess to allow him to change into clothes more appropriate for court.

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Somalia bombing kills 70

Al-Qaida-linked group al-Shabab claims responsibility for attack

Al-Qaida-linked militants launched their deadliest single bombing in Somalia yesterday, killing 70 people and demonstrating how the group that blocked aid to famine victims can still mount devastating violence even after most of its fighters fled the capital in August.

Rebels of the al-Shabab militant group immediately claimed responsibility for the bombing.

A truck loaded with drums of fuel exploded outside the Ministry of Education on one of central Mogadishu's busiest streets, where students and their parents were registering for scholarships offered by the Turkish government. At least 70 people were killed and 42 wounded, said Ali Muse, chief of Mogadishu's ambulance service.

The thunderous blast covered the city in dust more than a half-mile away and left blackened corpses sprawled amid burning vehicles.

Rescuers rushed scores of victims with burns and severed limbs to Medina Hospital, said nurse Ali Abdullahi. Even in a city beset by war and anarchy for two decades, the bombing horrified medical workers. "It is the most awful tragedy I have ever seen," he said.

Maj.-Gen. Fred Mugisha, the commander of the African Union Mission to Somalia force, known as AMISOM, said the attack targeted several Somali government institutions.

The suicide bomber detonated the explosives after the vehicle rammed a checkpoint outside a compound housing several government ministries, Mugisha said.

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MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

▶ Somalis carry a wounded man at the scene of an explosion in Mogadishu yesterday.

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▶ Libyan revolutionary fighters celebrate after taking Abu Hadi, a village near Sirte, Libya, yesterday.

Residents flee Gadhafi's hometown

Families flowed out of Moammar Gadhafi's besieged hometown yesterday, exhausted and battered by weeks of hiding from shelling and gun battles with no meat or vegetables or electricity — but unbowed in their deep distrust of the revolutionaries trying to crush this bastion of the old regime.

The fleeing residents were a sign of how resistance to Libya's new rulers remains entrenched among those who benefited from Gadhafi's nearly 42-year rule. Many of those fleeing Sirte said that the stiff defence against revolutionary fighters who have been trying to battle their way into Sirte for three weeks is coming not from Gadhafi's military units, but from residents themselves, volunteering to take up arms.

The battle for Sirte, 400 kilometres southeast of Tripoli, has become the focal point of the campaign by Libya's new rulers to break the last remnants of Gadhafi's rule.

THE ASSOCIATED PRESS

Helicopter crashes

A helicopter carrying four tourists crashed into the East River in New York yesterday afternoon after taking off from a launch pad on the riverbank, killing one female passenger and injuring the others.

THE ASSOCIATED PRESS

No new stimulus unless recession hits: Flaherty

Finance Minister Jim Flaherty laid out what it would take for him to introduce new stimulus to support the economy and jobs — a new recession.

But Flaherty said yesterday he's "relatively confident" that will not happen.

The minister's statements yesterday came minutes before the Toronto Stock Exchange opened with another big selloff and more dark news out of Europe that Greece was edging closer to a debt default.

Taking a cue from European markets, the TSE index was down almost 300 points by mid-morning, after shedding 372 points Monday.

"If we had some sort of world recession, that would change the picture dramatically," Flaherty said of the government's approach.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Flaherty

"But I'm relatively confident that what we're going to see in Canada is modest economic growth over the next little while. I'm comfortable ... with that anticipation for the next little while."

Flaherty said he was willing to throw overboard plans to balance the budget in four years if a slump hit Canada and more stimulus spending is needed.

He also said he believed the loonie's plunge was a temporary phenomenon due to flight to the "perceived safe haven" of the U.S. dollar.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	Natural gas 1,000 cu ft
- 1.14¢ (94.2¢ US)	$3.638 (+ 2.1¢)
	Gold $1,616.00 (- $41.70)
Oil	**TSX**
- $1.94 US ($75.67 US)	- 73.92 (11,177.91)

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New iPhone 4S has arrived

Apple currently holds just five per cent of worldwide handset market

Apple Inc. unveiled a faster, more powerful iPhone yesterday in its first major product event in years without Steve Jobs presiding.

New CEO Tim Cook led the show after Jobs, who has health problems, resigned from the post in August. He opened by calling his nearly 14-year tenure at Apple "the privilege of a lifetime." Those in the audience clapped as he entered, but the reaction seemed more muted than what Jobs had received.

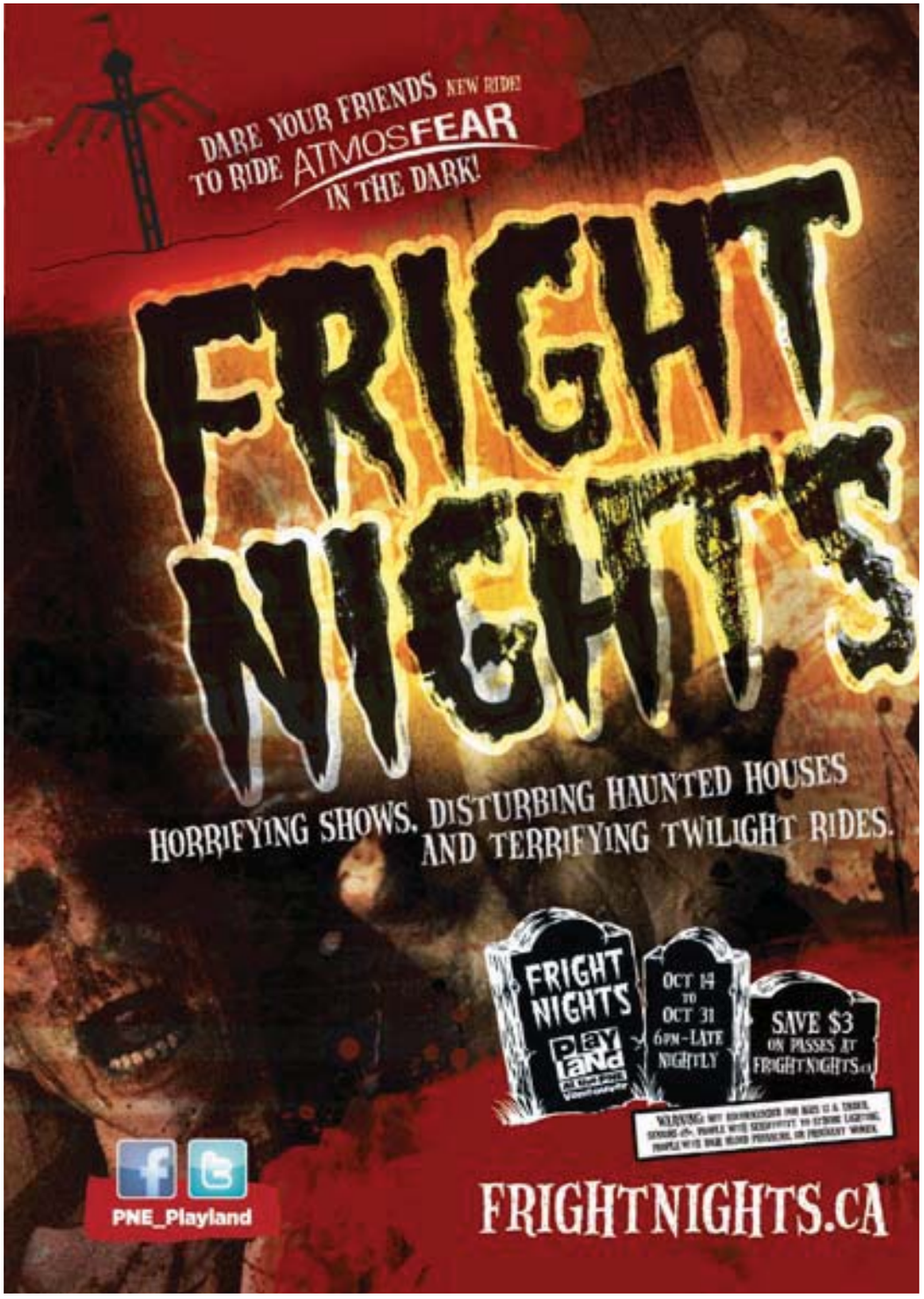
Cook said the iPhone 4, which came out in June 2010, sold more quickly than previous models.

The new iPhone 4S has an improved camera with a higher-resolution sensor. The processor is faster, which helps run smoother, more realistic action games. It also comes with new mobile software, iOS 5, which can sync content wirelessly.

THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Apple CEO Tim Cook talks about the iPhone 4S during an announcement at Apple headquarters in Cupertino, Calif., yesterday.



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NOBODY'S RIGHT IF EVERYBODY'S WRONG

JUST SAYIN' ...

PAUL SULLIVAN
METRO

"There's somethin' happenin' here. What it is ain't exactly clear."

That's the opening line from the most famous protest song of the '60s, Buffalo Springfield's For What It's Worth. It was written by Stephen Stills, who went on to Crosby, Stills, Nash & Young fame, and then went on to become old and fat, like most of the other citizens of Woodstock Nation.

But, as my grandma used to say, if you hang around long enough, history will repeat itself, like beans for dinner.

My grandma may have been a bit rude, but she was right. There's a new protest movement in town. It's called Occupy Wall Street, and if the youth of today weren't so prejudiced about classic rock, Steve's song would fit right in: There is somethin' happening here … and what it is ain't exactly clear. And that's putting it mildly.

"Like Woodstock Nation, Occupy Wall Street Nation is a shambolic coalition of leftist ideologues, all-over-the-map 'anarchists,' actual poor people struggling to make ends meet and students."

Occupy Wall Street started small in a park near the New York Financial District when 100 people were arrested for being obnoxious on or about Sept. 24, and has grown daily, spreading to other cities in the U.S., Europe and Japan and, of course, Canada, which never wants to be left out.

Occupy Wall Street Nation, spawned by the children of the boomer citizens of Woodstock Nation, is an eerily accurate echo of the original. Stylish, young, technologically hip protesters drape themselves over iconic real estate uttering incoherent slogans.

Back then it was "Smash the state" and "Hell, no, we won't go" and "One, two, three, four — what are we fightin' for?" etc. Today it's "Honk if you're in debt," "Tax the rich," "99 per cent" (as in, 99 per cent are poor; one per cent are rich) and "Compassion is evolutionary"… whatever that means. Slogans and stylin' are more important than policy, which is, after all, complex, boring and contentious. Ee-yew.

Like Woodstock Nation, Occupy Wall Street Nation is a shambolic coalition of leftist ideologues, all-over-the-map "anarchists," actual poor people struggling to make ends meet, and students who naturally support any movement featuring free smoke, free pizza and a chance to meet beautiful people with bells on their toes and rings in their noses.

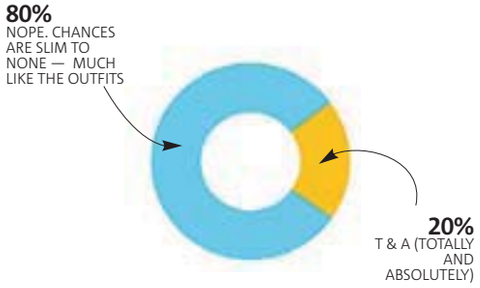
There's still part of me that wants to stick it to the Man, just like I did back in 1970. Until I remember that I am the Man, man, which is a bummer. When did I get to be the Man? When I got a job? Grew up? Had a family? All of the above?

How about that? Four decades later, and it still ain't exactly clear … for what it's worth.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

Would you try out for the Lingerie Football League?



Local tweets

- **@ktkm:** Dispensation for kits sought and rejected by Dad's apartment building. Sigh. I thought Vancouver was pet friendly. Appears not.
- **@gigiktsui:** Sunny day in vancouver! Needs to go get some vitamin D today :) #fb
- **@seanlesliebc:** #bcpoli AG Bond says she's ordered Criminal Justice Branch to ask for TV coverage of #Riot cases, even tho CJB disagrees with plan.
- **@LiivLee:** So great - the sun is shining in east Vancouver!
- **@spacingvan:** Arming kids w/ fake radar gun (and safety vest) near schools is a great way to slow drivers down. Happened in New Westminster BC #walk21
- **@SepBaz:** iPhone 4S... The World iPhone! Being an Apple Cult Member, I obviously want one... What are your thoughts on... fb.me/1madQEBV9
- **@sportsnetmurph:** Canucks to honour Rick Rypien this season. Helmet decal all season long, celebration of his life Oct.18th with his family in attendance.

Letters

RE: Gaga takes her case to Obama, published Sept. 28

After reading this article I felt the same way as Lady Gaga, that bullying should be a hate crime.

Throughout life you always get people saying, "It's just a part of growing up, it builds self-esteem, they like you, just ignore it, just toughen up, just forget it."

Those are some of the things people say, but it's not that easy. There's a poster at my school I really like because it says, "Whoever said don't run from your problems never had to face a bully."

It is hard to go through life with a bully or a memory of a bully on your back.

Bullying can lead to many awful things in life. So many people don't take bullying seriously, including teachers and other adults. If a kid is bullied in school and tells a teacher and the teacher doesn't do anything about it, they're basically saying, "Go ahead, you can bully — it's OK to be mean to someone." However it's not OK. It is completely wrong and people don't know the effects it can have on a person.

GINA VISSER, VANCOUVER B.C.

Cranberry. Harvest

▶ Miguel Sandel of Middleborough, Mass., rakes cranberries into a loading tube during an afternoon harvest at the Hannula cranberry bogs in Carver, Mass., yesterday.

CHARLES KRUPA/THE ASSOCIATED PRESS

Photo of the day

Massachusetts cranberry farmers are expecting a robust crop this fall. Researchers said that growing conditions this summer were optimal, with enough hot days interspersed with the right amount of rain.

WEIRD NEWS

Trekking on an 87-year-old mystery

A proposed expedition to Mount Everest later this year could solve an 87-year-old mystery: Did two British adventurers, George Mallory and Andrew Irvine, reach the top of the mountain?

Mallory and Irvine began their assault on June 6, 1924. They were last spotted around 1 p.m. on June 8, climbing an obstacle. They were, according to Scientific American, less than a kilometre from the summit. And then the weather turned bad and they were never seen again.

Their disappearance has prompted many in the climbing community — and beyond — to speculate on what happened to the pair. More than a half a dozen expeditions have scaled Everest over the years to find the missing men and write the final chapter in their mysterious demise.

The tale of these two climbers has long fired the imagination of Tom Holzel, an Everest historian, climber and American businessman. He's the man behind the latest expedition, which is supposed to head out in December.

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2 scene

Clooney waxes political

Ides of March reflects cynicism of the times, says actor-turned-director That's 'probably good'

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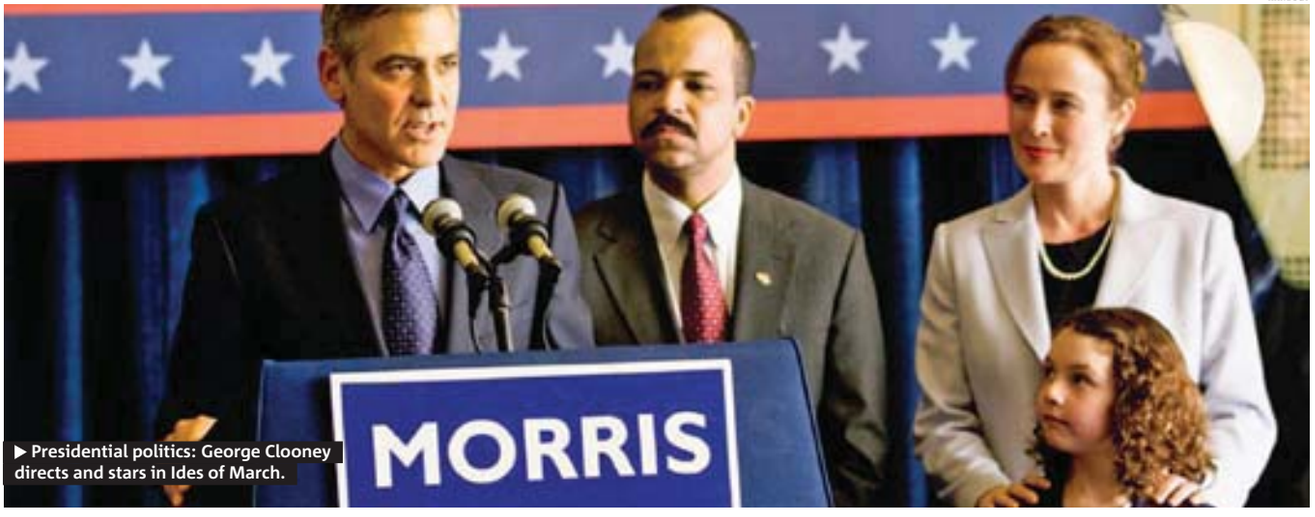


▶ Presidential politics: George Clooney directs and stars in Ides of March.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

George Clooney's new film, Ides of March, takes what some might call a cynical look at the state of American politics, but that doesn't mean the director and star — ever the optimist — has given up on the system all together.

"I think it's cyclical," he says. "I think we're at a period of time where it's probably not our best moment in politics, but if you look at the things Jefferson and Adams did to each other, the 1800 election was pretty rotten and evil. Things change and are cyclical, so I'm hopeful."

The film, based on Beau Willimon's play Farragut North, follows an idealistic young campaign worker (Ryan Gosling) whose work for a charismatic candidate (Clooney) during the Democratic primary opens his eyes to the underbelly of politics.

But as much as campaign signs and Beltway jargon make up the scenery of Ides of March, Clooney wants to make clear that this is not a political film — at least not the way he sees it.

"I thought of this as a film about moral choices, not about political strife," he says. "I thought it was a fun moral tale, and once you put it in politics it sort of amps up the problems. There isn't a person you have met that hasn't been met with moral questions. Everyone makes moral choices to better themselves and hurt others along the way, whether the means justifies the ends."

In fact, he maintains, the political setting is actually incredibly incidental — especially considering current events. "It could have been better in Wall Street," he offers.

With acclaimed films like Confessions of a Dangerous Mind and Good Night and Good Luck on his resumé, Clooney is proving just as adept as a director as he is as an actor.

So how different is the Clooney behind the camera to the one audiences know? Not very.

"He's pretty much the same guy as George Clooney the actor," he jokes. "Basically the same height, same hair. Pretty much the same."

As for his on-camera work for the film, surely Clooney used some real-life models in portraying a top-ranking politico, right? Not so much, he insists.

"No, there really weren't" any existing public figures used for this basis of his character, Clooney says. "There's just so many ways to get in trouble with this answer. There were enough examples that we just picked little pieces of whatever we wanted."

But he maintains that viewers going out looking for those real-world corollaries are wasting their time. "People think it's about the John Edwards thing, but this was written before the John Edwards thing even broke," Clooney offers as an example.

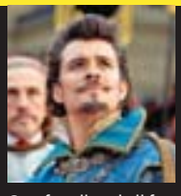
It's all part of the perception problem people have with movies — especially political movies — and their place in culture, Clooney explains.

"Films don't lead the way. In general it takes about two years to get a film made," he says.

"People think that films somehow are trying to lead society. Mostly we're reflecting the moods and thoughts that are going on in our country and around the world. If this film reflects some of the cynicism that we've seen in recent times, that's probably good. It's not a bad thing to hold a mirror up and look at some of the things we're doing. It's not a bad thing to look at how we elect our officials."

"I thought of this as a film about moral choices, not about political strife."
GEORGE CLOONEY

Scene in brief



One for all and all for one: Athos, Porthos and Aramis swashbuckled their way down the red carpet in London for the world premiere of The Three Musketeers in 3D. The trio of actors taking on the legendary characters — Matthew Macfadyen, Ray Stevenson and Luke Evans — were joined at yesterday's launch by Logan Lerman, who plays their hot-headed colleague, D'Artagnan. Other stars at the premiere included Milla Jovovich, who portrays the mysterious Milady; Orlando Bloom, who takes on the dastardly Duke of Buckingham; and director Paul W.S. Anderson of Resident Evil fame. The family adventure sees the 17th-century band of heroes set out to defend the Queen's honour and protect France from war.
THE ASSOCIATED PRESS

Ralph Fiennes, David Cronenberg to receive career honours at London Film Festival

Nobunny really liked the Club

NBC's Playboy Club is closing early.

The network said yesterday it is cancelling its highly-publicized new drama, The Playboy Club, after only three episodes.

Its time slot will eventually be filled by Brian Williams' new news magazine.

The Monday night drama, set in the 1960s, had only five million viewers for its first episode two weeks ago and kept losing viewers. Nielsen said the show had only 3.5 million viewers this week.

It's the first cancellation of the new fall TV season.

Set in a Chicago club and evoking the era and attitude made fashionable by Mad Men, the drama was hurt by strong competition.

Both Hawaii 5-0 on CBS and Castle on ABC are their networks' strongest 10 p.m. dramas, said Bill Gorman of the website TV By the Numbers.

NBC's drama drew some mixed reviews and protests by activists who tried to encourage an advertiser boycott, deeming the material inappropriate for network television.
THE ASSOCIATED PRESS

MATT DINERSTEIN/NBC

▶ A scene from The Playboy Club.

Kournikova is no loser

Former tennis star defends her sub-par record Says a winning attitude will help Biggest Loser contestants

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

How do you make the 12th season of a reality show feel fresh? By bringing in some fresh judges.

Season 12 of The Biggest Loser airing on Citytv, and stepping in where Jillian Michaels left her sneakers are tennis superstar Anna Kournikova and personal trainer Dolvett Quince. For Kournikova, the opportunity to coach instead of be coached was one she didn't want to miss out on.

"I was the one that went after this opportunity," the former No. 8 player in the world says. "I've used my body as a tool my whole life on a tennis court. Instead of listening to all the information that was thrown at me, (I'm now) voicing it to the contestants and sharing it with them."

The tough-girl training style of former coach Jillian Michaels was a hit with viewers, but Kournikova isn't stressed about taking over.

"I didn't feel any pressure," she says. "I didn't feel like I was replacing anyone or trying to fill in anybody's shoes. We all have our own styles. I'm not trying to prove myself by any means. I'm just there to do my part of the job, which is train and educate the contestants about (a) healthy lifestyle."

For those viewers wary about Kournikova — a buxom blonde who hasn't found much recent success on the court — taking the reins, she's eager to set the record straight.

"Listen, I get criticized and judged all the time," she says. "But to be a top 10 tennis player in the world, I must have been doing something right. And I came from Soviet Union from really nothing. That's how I tell the contestants I can relate to them. I know what it's like to be judged and criticized, whether it's because of your weight or how you look. People have all these preconceived notions and I'm OK with that. The only thing I can control is I can work hard (and) be the best human being I can."

This season, contestants will face off in a Battle of the Ages competition, with Kournikova coaching the over-50 crowd.

"Obviously the older group is the most difficult for me because they have less energy. They're much more set in their own way so it's a lot more difficult to change someone's mentality who's in their 50s or 60s.

Regardless of the challenges, she says she got really invested in each contestant's personal growth.

"You literally become family with these people," she says.

FILE PHOTO/GETTY IMAGES

▶ Anna Kournikova is now helping Americans lose weight on the show Biggest Loser.

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Cowell's ego takes a hit

X-Factor fails to reach Simon's lofty ratings goals Loses out to sitcom

FILE PHOTO/THE ASSOCIATED PRESS

▶ Simon Cowell

Simon Cowell admits he regrets saying ratings less than 20 million for the U.S. version of The X Factor would be a failure.

The show's September debut earned 12.5 million viewers, which was less than the premiere of the comedy Modern Family, the leader of the night with 14.5 million viewers.

The X Factor held those numbers for the second episode.

In week two, ratings hovered around 12 million viewers for each of the episodes.

"I'm not going to lie. I wanted 20 million when we launched," says Cowell, "but now I'm kind of back in the real world and I'm seeing this grow naturally. I'm as happy as I've ever been."

The show is Cowell's baby. Besides being a judge on its panel, he is its creator and an executive producer.

"We're not in Russia where you have one show. This is life. If you're competitive and it spurs you on, I kind of get excited by it."

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TV watch list

Spreading the Modern success

TELEVISION Modern Family is sandwiched by a pair of shows. Suburgatory pokes fun at suburban life with a surprising sweetness, while Happy Endings — airing the second episode of its second season — is a buoyant comedy that is helped by the chemistry of its cast

▶ Citytv, ABC

NBC embraces new comedies

SITCOMS Since when did Wednesday nights become such a hotbed for comedy? Well, it might have something to do with the introduction of two winning new NBC sitcoms, Free Agents and Up All Night.

▶ NBC

THE CANADIAN PRESS

ORDINARY PEOPLE, EXTRAORDINARY CIRCUMSTANCES

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

If the premise of Real Steel sounds familiar, it's because the last time you saw it was in black and white, coming to you from the Twilight Zone.

"The Twilight Zone episode called Steel with Lee Marvin, written by Richard Matheson, was in the '60s," says Real Steel director Shawn Levy.

"It was about a robot boxing promoter, a guy who owns robots and fights them for money. From there we beefed it up."

In its original run the anthology series mixed and matched science fiction, comedy, supernatural and occult stories usually featuring ordinary people in extraordinary circumstances.

Hosted by Rod Serling, it was must see TV with a catchy theme song, which influenced thousands of writers and directors.

Three series and a movie have officially claimed the Twilight Zone name but dozens of other films have been either directly — or indirectly — inspired by the show. Submitted for your approval, here is a list of movies that owe a debt to one of the greatest television shows ever.

The 1996 Kyle MacLachlan thriller The Trigger Effect was a reworking of a classic episode called The Monsters Are Due on Maple Street, which shows the effects of a power failure on a neighbourhood.

Named the best Twilight Zone episode by Time Magazine, the show is still shown in classrooms to illustrate how lethal a mix intolerance and panic can be.

The film pays tribute to its television roots by placing its main characters at the corner of Maple and Willoughby streets, a reference to another famous episode, A Stop at Willoughby.

The Cameron Diaz movie The Box was a remake of Button, Button, a story from the series' 1980 reinvention and Child's Play, the movie which introduced the murderous doll Chucky seems to have looked to a 1963 episode called Living Doll for inspiration.

Three series and a movie have officially claimed the Twilight Zone name but dozens of other films have been either directly — or indirectly — inspired by the show.

THE ASSOCIATED PRESS

▶ Rod Serling pauses for a break during filming of The Twilight Zone in 1961.

Two towering artists of modern horror can count the Twilight Zone as seminal to their work.

The show perfected the use of the twist ending, which M. Night Shyamalan would later incorporate into his work.

His most famous film, The Sixth Sense has echoes of Occurrence at Owl Creek Bridge, a 1964 episode about a man who is revealed to be dead.

In Danse Macabre Stephen King called the show "damn near immortal" and it's been hinted that his novel Christine (later made into a movie) was inspired by the driverless car episode A Thing about Machines.

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Back into the spotlight

The countdown is over New Feist album is carving out a new sound

As Feist celebrated her 35th birthday earlier this year with an intimate dinner among friends, she was momentarily distracted by the intense flickering of a television in a nearby room.

The images were bizarre — motorbikes on a stage accompanied by pyrotechnics and music. Whatever it was seemed outlandish and jarring. What, she wondered, could be the spectacle?

It wasn't until she got closer to the television that the frenetic, choreographed commotion made sense.

It was the telecast of the Grammy Awards. Only three years earlier, she was part of that scene, performing 1234, the song that would make the former indie artist a global sensation — in a different

CHARLES SYKES/THE ASSOCIATED PRESS

▶ Feist has abandoned the lighter 1234 direction and gone much darker on her new album.

out-of-context performance. Now, watching the awards, the images she saw confirmed how surreal that experience had been — and how she just doesn't fit into that poppy, musical world.

"The Grammys, and the magnitude of that spotlight, it wasn't a place where I felt at home. Like what I do doesn't really happen there," Feist said during a recent interview as she sat on a quiet patio at her downtown Manhattan hotel. "It's such a potent and brief moment, and it doesn't really speak to the truth of what touring and being a musician is. It's mostly fanfare, inflated and very intense. I wasn't feeling very comfortable in that kind of setting."

Now that Feist is releasing Metals, the follow-up to her breakthrough, heralded 2007 album, The Reminder, she's back in her comfort zone. Her fourth album has a darker tone, but still has that otherworldly, mystical quality that has made her one of music's more original voices.

"It's just heading into a much more personal and bold and more uncompromising direction, taking all kinds of risks, which I respect," says her longtime collaborator Chilly Gonzales, one of the album's producers and songwriters.

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Doing what you have to do in Hollywood

Thomas Jane talks about the seedy side of life as an aspiring actor in L.A.

ALL PHOTOS GETTY IMAGES

Hung star Thomas Jane is being remarkably frank about his early days in Hollywood, telling the L.A. Times that he used to perform sexual favours for men to get by.

"When I was a kid out here in L.A., I was homeless. I didn't have any money and I was living in my car. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?" he reveals. "You're a lot more open to experimentation as a young man. And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity." METRO

"You're a lot more open to experimentation as a young man."
THOMAS JANE

Thomas Jane

Seth Rogen resists having children

While he may be a happy newlywed, Seth Rogen is definitely not jumping into starting a family.

"All my friends are having kids and my sister just had a baby last year, and it makes me not want to have kids," the 50/50 star tells iVillage.

"It's very nice just playing with (my sister's baby) and then as soon as it becomes difficult, you just hand it off."

As for his relationship with new wife Lauren Miller, Rogen says he's done a lot of growing up.

"I'd like to say that she taught me how to tidy up, but that's been the exact opposite." METRO

Seth Rogen

Talking points

Pattinson says Twilight felt anti-climatic

SOUNDS LIKE A JEALOUSY ISSUE. With filming on the Twilight films behind him, Robert Pattinson admits he's a bit disappointed with how it all ended, according to Hollyscoop.

When Pattinson and Kristen Stewart filmed their final scene, there was still another day of filming left for the crew, he explains.

"The wolves actually wrapped the whole movie, so our bit was such an anti-climax because it was the end of a week of night shoots," Pattinson says. "But they had the last ever day the next day. So when it was our last bit, no one clapped or anything." METRO

Spears lets an engagement hint slip?

AND PEOPLE ASK 'WHY SHOULD WE STILL CARE?' Maybe all of the engagement rumors about her and Jason Trawick have been sinking in with Britney Spears, as the singer flubbed when referring to her boyfriend during a recent radio interview in the U.K.

When asked about dressing up in costumes — her sons had recently had a Spider-Man-themed birthday party — Spears said, "Actually me and — I was going to say my husband — my boyfriend, we do that every once in a while. We're goobs. I'm so embarrassed."

So was it just a Freudian slip or a hint at some big news to come? METRO

Celebrity tweets

"Definitely did not get up in the middle and " walk out of interview" contrary to headline on cnnsi.com. Answered last question and left."
@andyroddick

@BetteMidler
"The Kardashians = the Gabors! I knew I'd seen this movie before!"

@JennyMcCarthy
"Did you hear about the blonde lesbian? She keeps having sex with MEN!."

@conanobrien
"Ah, autumn in LA, when the stagehands spray the leaves such pretty colors."

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A dream come true

Cruising on the Disney Dream ship a real treat for this Metro writer's little princess

RUTH ESTWICK
LIFE@METRONEWS.CA

When my four-year-old-daughter Riley and I arrived at the Disney Dream's home port in Port Canaveral, Fla., we knew we were in for the vacation of a lifetime. In fact, Riley was convinced we were setting sail for Never Land!

In reality, we were boarding the newest vessel in the Disney Cruise line collection and setting sail for a two-day adventure to Disney's private island in the Bahamas; Castaway Cay.

The Disney Dream is the third ship in the Disney Cruise Line fleet.

Once aboard, we understood quickly why they named this classic ocean liner the Disney Dream. The name says it all: a breathtaking Grand Atrium, elegance and luxury on each deck, silhouetted by Disney character detail at every turn. The staterooms, waterslides, restaurants, kids clubs and stage shows were classic Disney imagineering. We stayed in a spacious, Deluxe Oceanview Stateroom with veranda. Roomy enough to sleep four, this stateroom boasted a queen-size bed with below-bed storage, convertible sofa, split bath and private balcony.

Cruising is all about great food and we dined like Disney Princesses, as Riley would say.

COURTESY DISNEY

▶ The Disney Dream is a 'dream' for kids, but also has plenty to keep adults happy, such as lounges, nightclubs and fine dining.

The rotational dining approach allowed us to enjoy a different restaurant every night. The restaurants are themed — which Riley loved. The Enchanted Garden boasts a garden-inspired decor with a menu that allows you to select choices from around the world including Riley's favourite fish, pan-seared sea bass.

The Animator's Palate, the main dining room, was like being inside a Disney animation studio. The walls were adorned with tools of the trade, the interior magically transformed into a live under-sea, interactive adventure with Crush the Turtle from Finding Nemo. And Crush got personal, dude. He would swim from tank to tank asking questions of the diners that generated some gnarly laughs. There were also many casual dining options on board.

Riley and I have so many Disney Dream memories including the spectacular Pirates of the Caribbean Show, a pirate-themed deck party that included pre-show games hosted by swashbuckling scallywags. The pirate show was so realistic that Riley was convinced we had entered Never Land and were captured by Captain Hook. Following the show, Buccaneer Blast, a musically synced fireworks show lit up the night sky. Another of Riley's favourite memories? The Oceaneer's Club, an activity centre for kids aged three to 10. This supervised play centre is home to Disney-style imaginative worlds. And while the little buccaneers are at play, there is a lot to do for the adults. The District is an adults-only entertainment area, complete with lounges and nightclubs.

Riley and I landed back home with a trunkful of memories. My most cherished? My little girl cuddling up to me midship in an oversized golden throne on our final day and whispering that her favourite part of this magical journey was spending time with me.

3 life

Travel in brief

With a little research and planning, family trips can be fun-filled and hassle-free.

Plan Ahead: Use the Internet, travel guides and personal recommendations to research attractions, book a hotel or reserve tickets.

Frequent Stops: For long road trips schedule regular stops along the way.

Double Check: Before you depart ensure the entire family has everything they need.

NEWS CANADA

New Canadian art pavilion in Montreal reflects bustling cultural scene.

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NEWS CANADA

Turkey, Apple & Cheddar Hand Pies

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3–inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

Preparation:

1. In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.
2. Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5 minutes before serving.

NEWS CANADA

Drink of the week

Key Lime Smoothie

Treat yourself to a taste of the tropics with this smoothie.

Featuring heart-healthy walnuts and chock-full of omega-3s and fibre-rich avocado, this breakfast replacement will give you the fuel you need.

- 1/2 avocado
- 1/2 small banana
- 175 ml (3/4 cup) cold water
- 75 ml (1/3 cup) walnuts, chopped into halves or crumbs
- 75 ml (1/3 cup) low-fat coconut milk
- 30 ml (2 tbsp) honey
- Juice of 1 fresh lime

In a blender or using a hand blender, combine all ingredients and process until smooth, about 1 min.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

The truth about lying on your resumé

Many applicants stretch the truth on their resumés
Here's why that may not be such a good idea

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METRO WORLD NEWS IN PHILADELPHIA

Resumés are tricky documents. While you need to make your skills and experience sound impressive, there's a fine line between fancy wordplay and misrepresentation.

And it's a line plenty of us cross, according to a new study by staffing service OfficeTeam: Of the more than 1,000 managers surveyed, 36 per cent report that job applicants "somewhat often" include inaccurate information on their resumés.

While many candidates attempt to stretch the duration of a past job or misrepresent their levels of education, some of the other common inaccuracies aren't intentionally deceitful, says Daryl Pigat, OfficeTeam's Wall Street market manager.

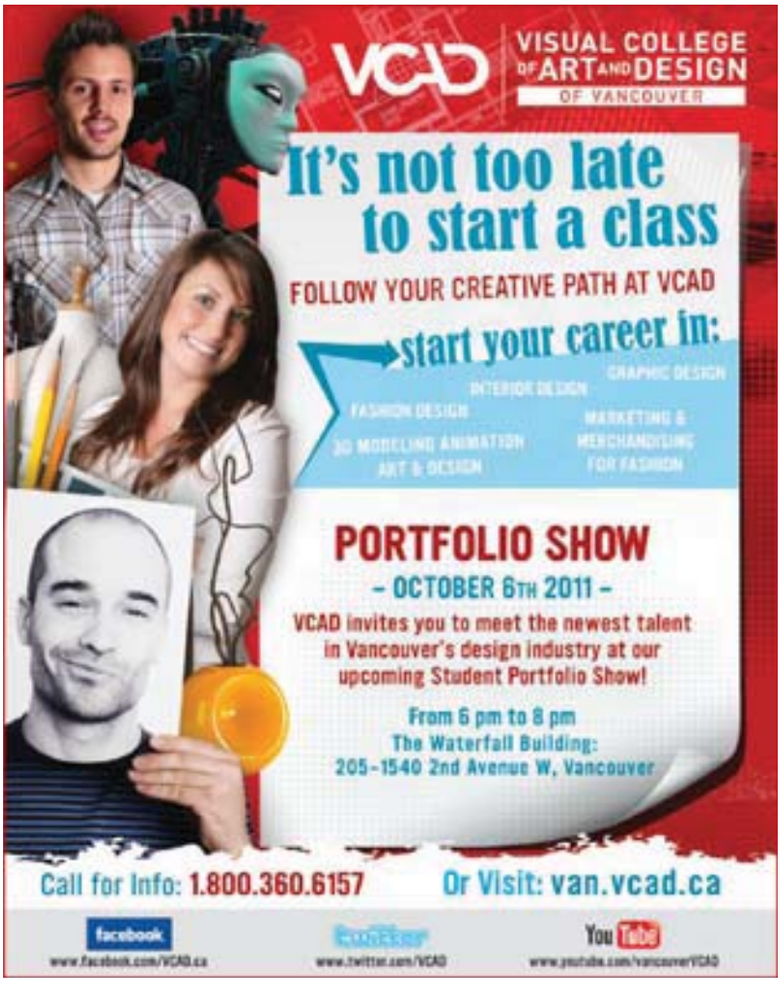
"A lot of times with software, they'll think, 'I've worked in Photoshop a million years ago, so I can put that on.' But it fact, they're useless," he says. "It's easy to sit in your room, type up a document and send it out with this mis-truth on there. But in person, it's a lot harder to defend."

Managers who see a lot of resumés can easily spot a suspicious entry, so it's likely you'll never have the chance to explain your Photoshop bluff in person. But if you do, it's best to admit your shortcomings.

Red flags

These missteps will make your resumé stand out in all the wrong ways:

- **Missing dates.** If you leave off the months of employment at your previous jobs, hiring managers will wonder what you're hiding.
- **Not stating degrees.** This, says Pigat, is a classic way to not lie about having a degree, but still include the name of the school and infer a diploma.
- **Murky phrases such as "familiar with" or "exposure to."** If this is the best way to describe a skill or experience, it's not significant enough to include on your resumé.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Enhance your degree with co-op experience

STUDENT VOICE

MANWAR KHAN
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SUBMITTED

▶ Manwar Khan

I graduated from the University of Lethbridge with a BSc in computer science. The IT job market is a dog-eat-dog world and I always knew that a simple BSc degree would not be enough to get my foot in the door, which is why I decided to enhance my degree with co-op experience.

A university education teaches you theory, whereas a co-op lets you apply those theories to the real world. I contacted the U of L career centre, researched potential employers and applied to the positions that appealed to me.

I completed a 12-month co-op work term with the Government of Alberta as a project assistant for the Ministry of Employment and Immigration.

Throughout my work term, I was pleasantly surprised with the challenging work and the level of responsibility I was given. My colleagues valued the work I did and my supervisor always encouraged me to take advantage of any learning opportunities.

This co-op experience added significant value to my university studies and gave me a head start in my career. A co-op work-term often serves as a "test drive" for both employers and students to evaluate if they're suitable for employment upon graduation.

My advice to fellow students and recent graduates is to look for a position that offers you an opportunity for learning and advancement. Research the employer you want to work for so you are able to articulate what you can bring to the table and what you hope to achieve from the experience.

My advice to schools and career centres is to increase awareness of co-op. Employers should provide co-op students with more responsibilities that are relevant to their field of study. In order to do that, employers should plan the experience in advance so that, whenever possible, levels of difficulty and responsibility increase as the student develops new skills. With a little bit of responsibility, a confident and enthusiastic student can make a difference.

Where I am now

During my last semester, I received a job offer from a major energy company as an IT analyst.

But that was not my dream job. Ever since my co-op work term with the Government of Alberta, I've wanted to work in the public sector. So when the Ministry of Employment and Immigration office offered me a position as a business analyst a year later, I seized the opportunity. I provide consulting and project leadership services in order to meet business needs.

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What I learned

Key take-aways from Manwar's experience:

- **Research employers** to find out which ones offer what you're looking for, whether it's training, mentorship, lots of responsibility — or all of the above.
- **Test drive** employers during co-op terms and internships to see if you like them (and if they like you).
- **Try to work** in a variety of industries and organizations to find out what kind of work you enjoy doing.

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

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ASL & Deaf Studies	
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Wednesday, Oct. 26, 6 p.m. – room 2555	Broadway
Transportation Trades	
Tuesday, Oct. 25, 11 a.m. – lobby, building B	Broadway
Hair Design & Esthetics	
Wednesday, Oct. 26, 4:30 p.m. – room 201	Downtown
Culinary Arts and Asian Culinary Arts	
Friday, Oct. 28, 9:30 a.m. – room 112 (theatre)	Downtown

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18 minutes to a better me

In his new book, author Peter Bregman explains how to avoid the 'golden ring of procrastination,' find your focus and get things done

MEREDITH ENGEL
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Many of us have had days when 5 p.m. rolls around and we have little to show for it.

In his new book, 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done, management consultant Peter Bregman teaches that it's not about tackling everything on our plate — it's about choosing what to put our energy into.

"We love to procrastinate, and distraction is the golden ring of procrastination because we think we are getting things done," he says.

"We are answering 40 emails and we think we have been incredibly productive until we stop and say, 'Did I really need to answer all of those emails?' In a world that will take what it can from us, we need to be more strategic than ever about what we want to give it."

His 18-minute plan can help you figure out how to best manage your workday.

Take five minutes in the morning:

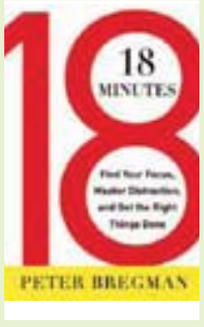
"The five minutes in the morning is to get centred and ask yourself, 'What is it that I most want to accomplish today?' I transfer those things onto my calendar. There is a tremendous amount of evidence that points to the fact that if you decide when and where you are going to do something, you'll do it. If you just say, 'I am going to do it sometime today,' you won't end up doing it. So there I am really deciding what I want to get done and where I am going to do it."

Take one minute every hour:

"Every hour I stop for one minute and ask myself two questions: 'Am I spending my time in the right way right now?' And: 'Am I being who I most want to be right now?' Those two questions end up being this fantastic productive interruption. Those questions will bring me back to 'What is that I am trying to accomplish for the day?'"

Take five minutes at the end of the day:

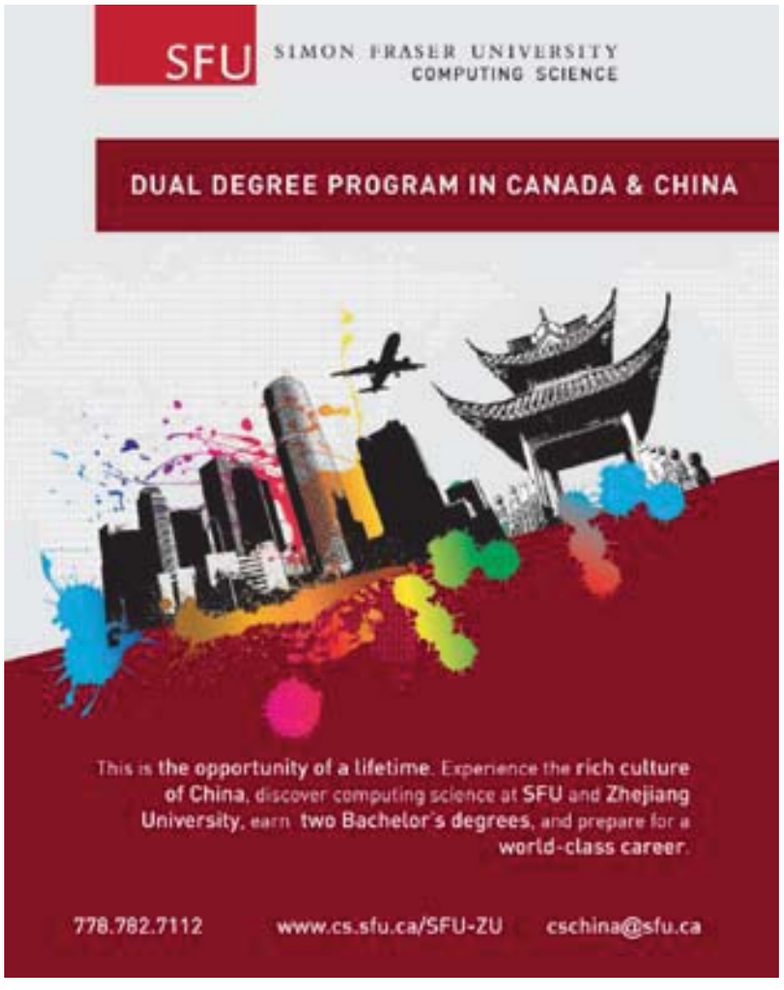
"At the end of the day I spend five minutes and ask myself, 'What did I learn from today? What worked, what didn't work?' Then also, who I want to ask a question to, who I want to update, who I want to thank for something they did to me. I think of these as my gratitude minutes."



"In a world that will take what it can from us, we need to be more strategic than ever about what we want to give it."
PETER BREGMAN, MANAGEMENT CONSULTANT

ISTOCK IMAGES

▶ It only takes minutes a day to manage your workday.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‘KITCHEN SINK’ CONTRACTS CAN FAIL

WORKPLACE LAW

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DAN@CANADA
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This is the tale of two recent appeal cases, which together confirm my “Kitchen Sink” theory on employment contracts. That is, employers often bargain for excessive protection, no matter how junior or administrative the employee. However, in seeking such protection, they sometimes get none at all.

In 1992, Tom Mason signed an employment contract with his employer Chem-Trend Ltd., which contained a non-compete clause preventing him from dealing with its customers for one year after he left the company.

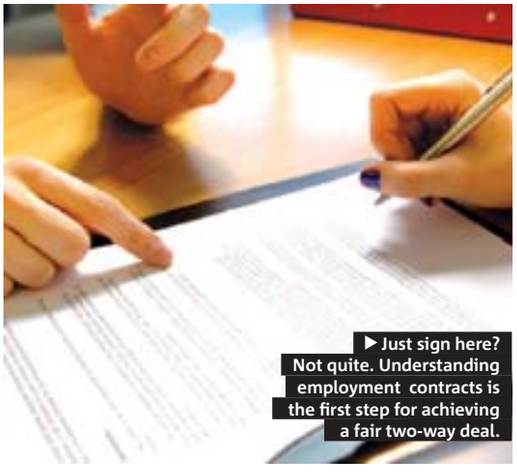
Mason did not hear about the contract again until 17 years later when he was suddenly fired.

When Mason learned that companies were hesitant to offer him jobs, fearful they could be sued due to his non-compete clause, he went to court to ask that it be declared invalid.

An Ontario judge concluded that the clause was clear and that Mason was bound by what he signed.

Employers collectively sighed in relief since most court cases strike down these clauses based on the courts’ interpretation of what is fair, and not what the contract actually states.

Mason appealed and that is exactly what the Ontario Court of Appeal found. Chem-Trend’s contract was drafted in a manner that was unfair to Mason and consequently, it was invalid.



▶ Just sign here? Not quite. Understanding employment contracts is the first step for achieving a fair two-way deal.

Similarly, the Alberta Court of Appeal recently refused to enforce the non-compete clauses in the employment contracts of three traders at the foreign exchange firm Globex.

What is important about this case is not the fact that the contracts were struck down but the Court’s ruling that an employee who is wrongfully dismissed should be relieved from complying with post-employment restrictions, such as a non-compete or non-solicit clause regardless of how they are drafted. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**

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4 sports

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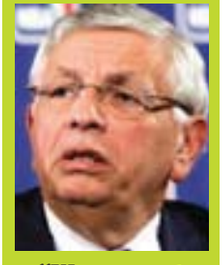

"We were not able to make the progress that we hoped we could make and we were not able to continue the negotiations."

NBA COMMISSIONER DAVID STERN YESTERDAY, AFTER NEARLY FOUR HOURS OF TALKS BETWEEN OWNERS AND PLAYERS ENDED WITHOUT GAINING GROUND ON A NEW DEAL. THE NBA CANCELLED THE REMAINDER OF THE PRE-SEASON YESTERDAY AND WILL WIPE OUT THE FIRST TWO WEEKS OF THE REGULAR SEASON IF THERE IS NO LABOUR AGREEMENT BY MONDAY.

MIKE CARLSON/THE ASSOCIATED PRESS

▶ The Rangers celebrate their American League Division Series win over the Rays yesterday in St. Petersburg, Fla.

Rays' luck expires

Rangers' Beltre helps oust Tampa Bay with historic day at the dish

RANGERS	RAYS
4	3

This is what Adrian Beltre envisioned when he signed with Texas in the off-season. Balls jumping off his bat in October and the Rangers making another run for the pennant.

Beltre hit three straight home runs and the defending AL champions advanced again, beating the Tampa Bay Rays 4-3 in Game 4 yesterday to win their playoff matchup.

Beltre put on a show that few others have matched, helping Texas take the best-of-five series and ending the Rays' remarkable run to the wild-card spot. Tampa Bay overcame a nine-game deficit against the Boston Red Sox in the wild-card standings in September.

"From my point of view, Texas gave me the best chance to put a ring on my finger," Beltre said. "And I am just two steps away from it. Hopefully that happens."

Ian Kinsler led off the game for Texas by homering on the second pitch from rookie Jeremy Hellickson.

Beltre came into the game in a 1-for-11 slump before breaking loose for maybe his best day as a pro.

"I think besides my first big-league hit, this is right up there," said the slugger, who spent last season with the Red Sox.

Beltre became just the seventh player to homer three times in a post-season game, and the first since Adam Kennedy of the Angels in 2002.

Beltre connected in his first three at-bats. Given a chance to tie the big-league record of four homers in a game, he hit a routine fly-out in the eighth.

Neftali Feliz gave up a run in the ninth inning before closing for his third save of the series, preserving the victory for Matt Harrison.

Beltre hit solo shots off Hellickson in the second and fourth innings, and added another solo drive against Matt Moore in the seventh.

Sean Rodriguez scored all three runs for the Rays. He drew a one-out walk and scored on Casey Kotchman's single in the ninth, but Feliz retired the next two batters.

The Rangers play the winner of the Detroit Tigers-New York Yankees series. The Yankees evened the ALDS at 2-2 with a 10-1 win in Detroit last night.

THE ASSOCIATED PRESS

Pinch-hit home run gives Phillies series lead

PHILLIES	CARDINALS
3	2

Pinch-hitter Ben Francisco and closer Ryan Madson made manager Charlie Manuel's moves look smart, and the Philadelphia Phillies held off the St. Louis Cardinals 3-2 yesterday for a 2-1 lead in their NL playoff series.

Francisco batted for pitcher Cole Hamels and broke a scoreless game with a three-run homer in the seventh inning.

Madson earned his first multi-inning save of the year. He came in and got Allen Craig to sharply ground into a double play with the bases loaded to escape in the eighth, then worked around Yadier Molina's RBI single in the ninth.

The Phillies can finish off the wild-card Cardinals in Game 4 today, with Roy Oswalt opposing Edwin Jackson. Francisco's shot off Cardinals starter Jaime Garcia was his second hit in 19 post-season at-bats.

"I knew the way the game was going I was probably going to be in there to pinch-hit off a lefty," Francisco said. "I was just trying to get a hit up the middle. ... Luckily it got out of here." THE ASSOCIATED PRESS

No Stanley Cup hangover for runners-up

THE HOCKEY NEWS

EDWARD FRASER
VANCOUVER@METRONEWS.CA

The majority of the talk this summer regarding the outlook for the Canucks' 2011-12 regular season centred around two things: The waning desire level following a long but fruitless Stanley Cup run and the impact of losing the de facto No. 1 defenceman, Christian Ehrhoff.

Don't worry about either.

A Stanley Cup hangover is saved for those who actually hoist the silver chalice (and rarely even then), certainly not for the men who finish the ever-so-unsatisfactory No. 2. You don't need to look back far for proof. The Penguins, gutted by the Red Wings in the 2008 final, came back the very next year and upended that same Detroit squad.

Now the loss of Ehrhoff is a viable concern. No player logged more total time on ice. He led the defence in points with 50 (fifth overall). He was the first or second D-man over the boards on the power play. And he was tied with Ryan Kesler for fourth, behind only the Sedins and Luongo, in hockey-reference.com's point-share statistic, which estimates the number of points in the standings that a player contributed.

While that sounds dastardly, there are indications, both quantitative and qualitative, that his lack of impact will, well, lack impact. Vancouver was 4-0-1 (2-0-1 in the regular season, 2-0 in the playoffs) in the five games he missed last year and Kevin Bieksa and Dan Hamhuis began to see more ice time per game than Ehrhoff in the playoffs (along with Alex Edler, who was tops during the regular season). Ehrhoff's minus-13 in the post-season, compared to his plus-19 in the regular season, was foreboding, too.

Stats, alas, can be twisted to make any point. The only numbers that Canucks fans need to buoy themselves are four and eight. Those, respectively, are the number of high-quality, top-pair blue-liners and NHL-worthy rearguards who populate the depth chart.

We've yet to see the best from Edler and Bieksa. Hamhuis and Sami Salo are 1-2 guys on most NHL squads. And Aaron Rome, Chris Tanev, Keith Ballard and Andrew Alberts can all come into the lineup with little dropoff in skill. (Look specifically for Ballard to have a bounce-back year after an abominable April/May/June.)

Vancouver will win the Northwest and is a great bet to top the Western Conference, too. Their hopes in the playoffs? Let's talk again in six months.

▶ The new Yaris might have less of a wow factor than cars such as the new Hyundai Accent, but the Yaris's style is practically without flaw. Others have developed more modern powertrains, however, which seems out of step for Toyota, which is normally seen as the natural leader.

Toyota's old dog still barks

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

It used to be that picking a small car was pretty easy: there just weren't that many candidates, plain and simple.

Now it's like trying to pick a puppy from the pound.

There are plenty of cute choices with all kinds of bark and sass, and more keep arriving every day it seems.

In that respect, the Yaris was more of an old dog than a young pup, but the upgrades for the 2012 model year at least keep it fresh enough to belong with newcomers such as the Mazda2, Hyundai Accent, Chevy Sonic and Ford Fiesta.

The first-generation Yaris that lasted for five model years wasn't the liveliest runner on the track, but a roomy interior and low price kept it on the front burner. As well, the tiny Toyota could be had in two or four-door hatchback body styles, as well as a four-door sedan.

There's no word if a trunk-equipped Yaris will again be built, but both hatches return in slightly enlarged formats.

The upgraded, crisper-looking Yaris will remain among the more popular small-car picks, even as the entire category adds variety at a steady clip.

Indeed the pound is getting bigger and the new pups are getting everyone's attention, but at least the Yaris now has enough bark to be noticed.

Toyota Yaris

What you should know about the 2012 Toyota Yaris:

- **Types:** Two- /four-door, front-wheel-drive sub-compact hatchback.
- **Engine (hp):** 1.5-litre DOHC I4 (106).
- **Transmission:** Five-speed manual; four-speed automatic (opt.).
- **Mileage:** 7.0 l/100 km city, 5.7 highway (automatic).

5 drive

By comparison

Ford Fiesta
Base price: $14,500
All-new sedan and hatchback models are easy on the eyes and easy on gas.

Chevrolet Sonic
Base price: $15,000 (est.)
2012 Aveo replacement offers lots of power plus good fuel economy.

Hyundai Accent
Base price: $14,700
New sedan and hatch feature 138 hp plus 5.9 l/100 km combined rating.

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metro

A3 has a mainly-satisfied owner community

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

2006 to 2011 Audi A3

Audi's entry-level model, the A3, is a five-door hatchback with four- or six-cylinder power, available Quattro AWD and all the flexibility and functionality of an upscale German mini-wagon.

The A3 has been nicknamed the Beverly Hills GTI in some circles, referencing its Volkswagen-based underpinnings and engines.

Feature content included upgraded audio, heated leather, navigation, folding rear seats, a panoramic sunroof and plenty more.

Engine

Look for VW Group's two-litre turbo four-cylinder with 200 horsepower, or a 3.2-litre V-6 with 250. Quattro was standard with the six-cylinder engine and available on four-cylinder units later in the A3's life.

What owners like

Existing A3 owners typically rave about styling, build quality, comfort levels, all-season traction and even fuel efficiency on models with the four-cylinder engine. Good ride and handling characteristics round out the package.

What owners dislike

Owners say the A3 won't prove the most comfortable way to haul around four or five adults, and the centre console chews nicely into the driver's right-side knee space. Owners of earlier models typically wished for Bluetooth compatibility, and many report "weak" factory tires.

Common issues

Hard, inconsistent or "sloppy" shifting from the Direct Shift Gearbox (DSG) may be caused by a faulty computer control or "mechatronics" unit, which controls this advanced transmission. Long-term reliability of the DSG gearbox is currently unclear. If you're happy driving a manual, stick to your guns.

Note that sporadic acceleration or a "lumpy" feel to the engine's power delivery could be related to faulty or failing ignition coils.

Verdict

There are more affordable and reliable ways to get around than the A3 — though a largely satisfied owner community suggests that the potential issues are far outweighed by the rewarding year-round driving experience and luxury.

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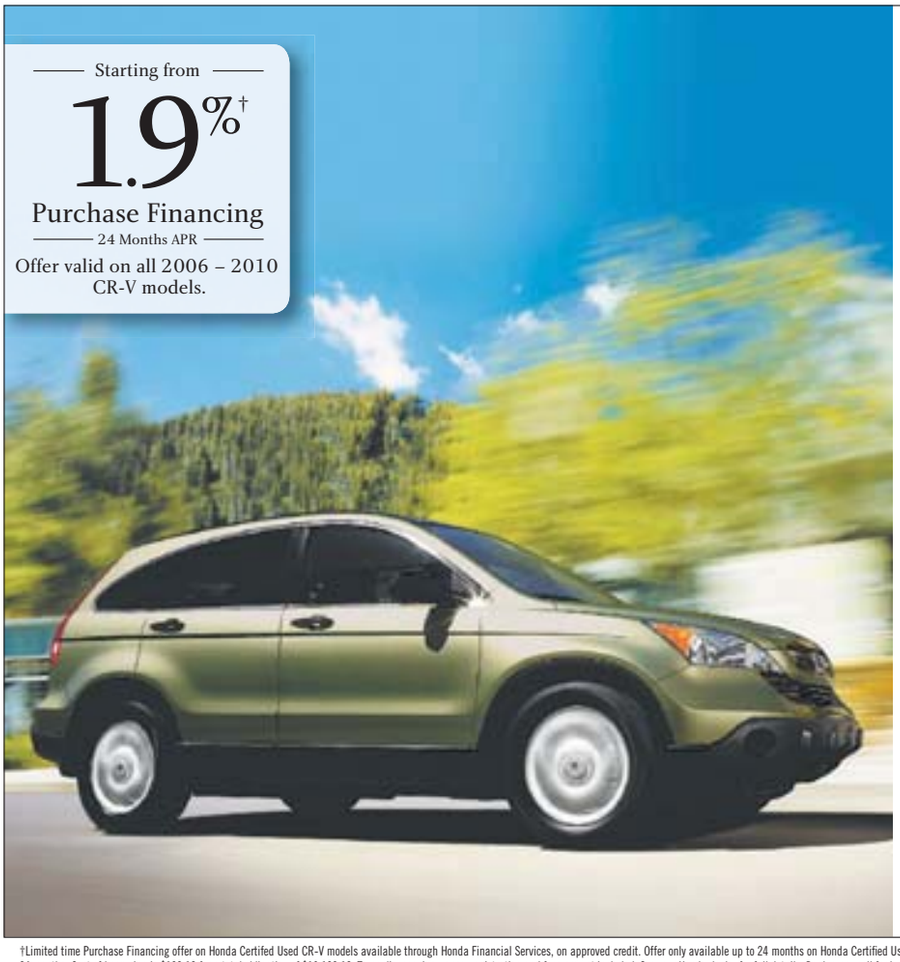

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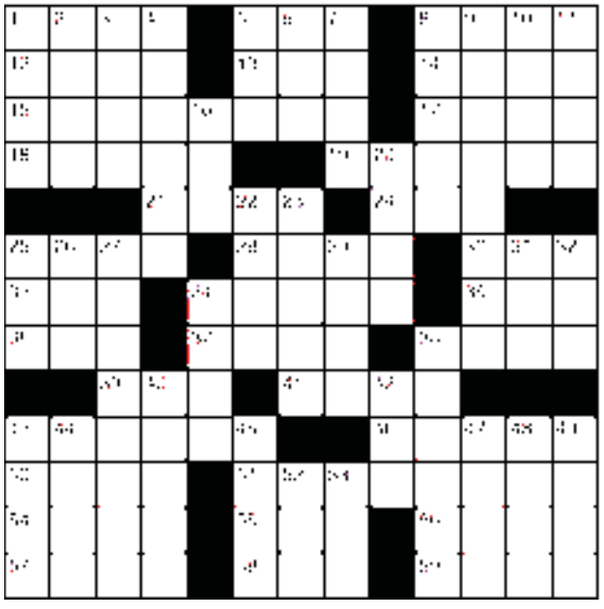
Crossword



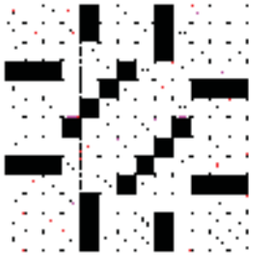
Across

1 007
5 Swelled head
8 Acknowledge
12 Reed instrument
13 Cattle call
14 Options list
15 Bean spiller?
17 Curved lines
18 Left the chair
19 Nickelodeon spillages
21 Afternoon affairs
24 Lennon's lady
25 Use a paper towel
28 Scorch
30 Can. neighbor
33 The whole thing
34 Aquatic flora
35 Kennedy or Koppel
36 Crafty
37 Greenish blue
38 At the home of (Fr.)
39 It's the word
41 Lemon coating
43 Oklahoman
46 Passion
50 Piece of work
51 Cape Cod city
54 Greek cheese
55 Lamb's dam
56 Apportion (out)
57 In need of liniment
58 Gender
59 Old portico

Down

1 Goes up and down
2 Death notice
3 NASA scrub
4 Lower in rank
5 Ostrich's cousin
6 Obtained
7 Ahs' mates
8 Forcefully
9 Martini ingredient
10 Erstwhile
11 Wimpy sort
16 Rhyming tribute
20 Unmatched
22 With skill
23 "— and spice and ..."
25 Existed
26 Under the weather
27 Old Chrysler
29 Hindu princess
31 Witness
32 Wood-shaping tool
34 Pinnacle
38 Data holders
40 Recant
42 "Platoon" setting
43 Couch
44 Oil cartel
45 Deli loaves
47 Song for two
48 "Beetle Bailey" dog
49 Perlman of "Cheers"
52 Great wonder
53 Actor Harrison

▶ Yesterday's answer



Sudoku

	5	2		4		1		
8								3
9		7		6				
1		9	3			6		
	8						7	
		3			9	8		4
				7		5		2
2								1
		1		9		4	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	9	3	1	8	4	7	5
4	5	7	9	2	6	1	8	3
3	1	8	7	5	4	6	9	2
7	3	1	2	6	9	5	4	8
2	9	5	8	4	1	7	3	6
8	4	6	5	3	7	9	2	1
9	6	3	1	7	2	8	5	4
5	7	4	6	8	3	2	1	9
1	8	2	4	9	5	3	6	7

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*Luke, I love you oh so much, its impossible to explain. These past almost two years, seeing you everyday no matter what, and living with each other for over a year, going everywhere and making memories, etc., have been the best times of my life. *MUAH* ^.^ ? 1.19.2010 ?* **OLIVIA**

Stoopid Face I know you can never be all mine, but when I have you for those few moments in our lives, it's amazing. My double bed is lonely with only me. Miss you. **RABBIT**

My Jamaican HunHun!! almost half a decade later i'm still so into u and still don't know why! & this i want the whole world to know!!and no matter what i just want to tell U that U're the best & better than all the rest. just so U know..with us it's never off the table!Advance Happy Bday Mahal! **JB**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's one of those days when you would rather be anywhere but where you are supposed to be. Chin up.

♉ Taurus April 21-May 21 Nothing you do is ever wasted. Your big breakthrough WILL come.

♊ Gemini May 22-June 21 It may seem as if certain people are being deliberately obstructive, and maybe they are, but why should that be? Think about it.

♋ Cancer June 22-July 22 There is no need to worry about the future. You may not have gotten the breaks you wanted, but that's life.

♌ Leo July 23-Aug.23 No matter how unsettling the changes that are taking place may be, they are all for the best in the long-term.

♍ Virgo Aug. 24- Sept. 22 Sometimes, it can be all too easy to get depressed, so focus on things that bring a smile to your face.

♎ Libra Sept. 23-Oct. 23 The secret to happiness is to keep moving forwards. It's all about self-motivation. Go for it.

♏ Scorpio Oct. 24-Nov. 22 You made an error of judgment and need to make amends to those who followed your advice and lost.

♐ Sagittarius Nov. 23-Dec. 21 Most of the time your hunches are spot on, but if you trust your instincts today, it may all go wrong.

♑ Capricorn Dec. 22-Jan. 20 Your relationship with people in authority is more important than usual, stay in their good books.

♒ Aquarius Jan. 21-Feb. 18 You may think someone is keeping something from you, and maybe they are. It doesn't have to be bad.

♓ Pisces Feb. 19-March 20. Let certain people know that you will not allow them to get rich at your expense. **SALLY BROMPTON**

Caption contest

THEMBA HADEBE/THE ASSOCIATED PRESS

SERGEI GRITS/ THE ASSOCIATED PRESS

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GRADUATE REBATE PROGRAM

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Sonata GL 6-Speed/2012 Genesis Coupe 2.0T 6-Speed/2012 Accent L 5Dr 6-Speed/2012 Elantra L 6-Speed/2012 Santa Fe 2.4L GL Auto with an annual finance rate of 0%/0%/2.9%/2.9%/0% for 60/60/72/72/60 months. Bi-weekly payment is $187/$204/$106/$122/$218. No down payment is required. Cost of Borrowing is $0/$0/$1,442/$1,574/$0. Finance offers include Delivery and Destination of $1,565/$1,565/$1,495/$1,495/$1,760. Registration, insurance, PPSA, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Genesis Coupe 2.0T 6-Speed for $26,464 at 0% per annum equals $203.57 bi-weekly for 60 months for a total obligation of $26,464. Cash price is $26,464. Example price includes Delivery and Destination of $1,565. Registration, insurance, license fees, PPSA and all applicable taxes are excluded. ‡AutoPacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. ▼/▲Fuel consumption for 2012 Sonata GL 6-Speed HVY 5.7L/100KM, City 8.7L/100KM/2012 Genesis Coupe 2.0T 6-Speed HVY 6.6L/100KM, City 10.0L/100KM/) 2012 Accent L 5Dr 6-Speed (HVY 4.9L/100KM, City 6.7L/100KM/2012 Elantra L 6-speed manual (HVY 4.9L/100KM, City 6.8L/100KM/2012 Santa Fe 2.4L 6-Speed Automatic FWD (City 10.4L/100KM, HWY 7.2L/100KM) are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ΩBased on the August 2011 AIAMC report. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.